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The best of Holloman were honored at this year's Annual Awards Banquet Thursday.

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Get in shape and relax your mind through Yoga.

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Photo by 2nd Lt. Melissa J. Stevens

Joining the ranks

An F-15D, newly assigned to the 46th Test Group, taxies onto the runway here. The aircraft was previously assigned to Edwards Air Force Base, Calif., will be used by the 46th Test Group, 586th Test Squadron for weapons and avionics testing.

Holloman NCO steps up

49 AMXS NCO helps to control in-flight emergency

by Senior Airman Vanessa LaBoy

49th Fighter Wing Public Affairs

"There's a bomb on the plane, I know it!"

Staff Sgt. Jeremiah Drew, 49th Aircraft Maintenance Squadron, heard an unruly woman scream this suspicion on a flight while returning from leave recently.

"She went on yelling this a few times," Sergeant Drew said. "I kept thinking, 'Where is the air marshal?"

According to Sergeant Drew, the woman was walking back and forth

from her seat in the front of the plane near his seat and the rear lavatories.

"Two members of the crew were blocking the woman from moving any closer to the flight deck and the other [crew member] was a few seats behind me attempting to block her from moving towards the rear," Sergeant Drew said. "I kept thinking I should do something, but I didn't know if I should get involved. I was thinking, if I [did] get involved this could get more out of hand."

After the aircrew's failed attempts to calm the woman down and put her in her seat, she became aggressive.

"Once she started the physical activity towards the crew member and an air marshal had not come forward, I realized I had to do something," he said.

Once the woman turned around, Sergeant Drew stood up and helped the air crew restrain her.

"The situation was getting worse and had gone on for quite a few minutes without anything being done," Sergeant Drew said. "I think that was pretty much the final straw. All I really did was try and help the crew get

see STEP UP on Page 3

What does it mean to be a 'Wingman?'

by Lt. Col. Lawrence O. Roche 27th Intelligence Support Squadron commander

The Romans, while not the first to understand the central principle behind having "wingmen," were some of the first to document the importance of the wing position. The most basic Roman battle lines were arranged with the infantry in the center and cavalry on the wings. The main purpose of the cavalry was to protect the center from being outflanked.

For the Army to succeed, it was imperative that the infantry and cavalry understood and followed a prearranged plan and moved with a single purpose. Separately, neither the infantry nor the cavalry stood much chance at defeating an opponent, but together, watching out for each other, they were a formidable force.

The Roman Empire and its lasting contributions to the civilized world would not have been possible without a well-disciplined army and sound principles.

The weapons used to wage war have changed dramatically since the Romans, but the principles guiding their employment have not. Today, one of the most important and trusted positions in a formation of aircraft belongs to the wingman. While we have exchanged cavalry horses for F-15 Eagles, the wingman's job remains the same: to protect the lead aircraft.

So what does any of this have to do with us? As Airmen, we are all part of a much larger team. The combined effect of individual efforts and skills make our Air Force the most powerful air force in the world. None of us could do our jobs without the support of others. We count on our teammates to do their part so we can do ours. We share a purpose and we know when we need help, our teammates will pitch in and make the mission a success.

All of us need a wingman to succeed.

Being a good wingman is a 24-hour-a-day job. The principles apply both on and off duty and are anchored in personal commitment. Good wingmen have many important qualities. First, they have a moral compass that always points true north. They know the right thing to do and take action to do it. Second, they "keep their head on a swivel," searching the horizon for any sign of trouble and step in to prevent it. Third, a good wingman learns to lead just as well as follow. We all must be prepared to step up and lead when required, just as we must all be ready to follow once a decision is made.

Although these ideas may seem somewhat abstract, they translate easily into everyday actions. Actions can be as simple as asking a teammate how they are doing and then listening to them when they tell you, or to taking the keys from a friend who has had too much to drink.

Being a good wingman means ensuring your supervisor isn't bogged down with disciplinary issues due to your momentary lack of judgment. It means taking the time to double check your work and fix any errors without being told.

A good wingman reminds his or her buddies about a meeting starting in five minutes. It means taking care of each other so the team can take care of the mission. It means protecting each other's flank and building our trust in one another.

Our nation counts on us to defend its greatest possession, freedom. When we joined the Air Force we accepted that challenge and responsibility, and the price of failure is unacceptable.

Just like the Romans, individually we will fail, but together we are a formidable force. Our fellow Airmen and country depend on us to be great wingmen.

H olloman otline

The Hotline is your direct link to the 49th Fighter Wing commander.

If you've tried to solve the problem yourself and haven't been able to get results, call 572-7500 or e-mail *cc.hotline@holloman. af.mil.* Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem.

Housing office	2-3981
Housing maintenance	
Medical clinic	
Finance	.2-5107
Services	.2-3528
Commissary	.2-5127
Fraud, waste and abuse	.2-3713
BX47	79-6164



572-7500

High: 59 Low: 38 TODAY High: 61 Low: 40 SATURDAY High: 61 Low: 41 SUNDAY Weather forecast provided by the 49th Operations Support Squadron Weather Flight

DUI Update

Days since last DUI

DUIs this year

This week last year

Last six DUIs

• 49 MXS Dec. 18 • 49 MMS Jan. 9

49 MXS Jan. 2149 OG Feb. 11

• 49 CES Feb. 12 • 49 CS Feb. 14

572-RIDE works!

Calls made are lives saved

283 Saves this year

7 Saves this week



Editorial Staff

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STEP UP Continued from Page 1

things under control."

After helping the air crew bring the situation under control, the flight was diverted to Texas where the woman was taken into custody by the authorities.

"The only thing I can think that made me step up was the fact that it was evident an air marshal was not aboard and I [was] worried what she was going to do next," Sergeant Drew said. "I think second nature caused my reaction. It all happened pretty fast and once it was over, my adrenaline was flowing and I remember thinking to myself, 'I can't believe I did that."

According to Holloman's Office of Special Investigations, reporting suspicious activity and taking action is everyone's responsibility.

At Holloman or on leave, everyone can make a difference by being vigilant and keeping an eagle eye out.

"The Eagle Eyes program is an anti-terrorism initiative that relies on the eyes and ears of Air Force members and local citizens in combating terrorism," said Agent Matthew Sarkissian, Holloman's Office of Special Investigations. "Because security forces teams and law enforcement agencies can't be everywhere at once, your vigilance is a critical asset to our mission. Everyone deserves to be safe and secure; your eyes and ears are critical weapons in the war against terrorism. This is your chance to make our whole community safe."

Inside the story

Keep an eagle eye out for these behaviors:

Surveillance: Someone recording or monitoring activities using cameras, note taking, drawing diagrams, binoculars or anything else out of the ordinary.

Elicitation: Anyone or any organization attempting to gain information by mail, fax or telephone about military operations or people.

Test of security: Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures.

Acquiring supplies: Purchasing or stealing explosives, weapons, ammunition, uniforms, decals, flight manuals, passes, badges or other controlled items.

Suspicious people out of place: People who don't seem to belong in the work-place, neighborhood, business, establishment or anywhere else. This also includes suspicious bordering crossing or stowaways.

Dry run: Putting people in position and moving them about without actually committing a terrorist act such as a kidnapping or bombing. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

Deploying assets: People and supplies getting into position to commit the act. This is the last opportunity to alert authorities before the terrorism occurs.





Photo by Ms. Laura Hu

Mr. Jerry McDermott shows Andreas Biegert, German air force, how to wear a motorcycle helmet properly. Mr McDermott captured the GEICO Public Service Award for Traffic Safety.

Team Holloman member wins award

by Ms. Laura Hunt Sunburst *staff writer*

A Team Holloman civilian won the GEICO Public Service Award for Traffic Safety and Accident Prevention Feb. 2.

Mr. Jerry McDermott, 49th Fighter Wing Safety Office occupational safety and health manager, was chosen as the Air Force's nominee for 2004.

"That really surprised me because there are so many people in our Air Force that do great work in traffic safety," he said. "I was a bit overwhelmed and embarrassed because my whole career I have worked with outstanding people who do a lot of hard work."

The GEICO Public Service Award, which is presented to four federal employees each year, recognizes civil service employees who consistently excel in the performance of their duties.

Lt. Col. Ellwood Hinman, the safety chief at the time, nomi-

nated him for the award.

"Throughout Jerry's 30-year civil service career, his countless contributions and inspirational leadership have had profound impact on traffic safety and accident prevention," Colonel Hinman said.

Mr. McDermott has been working in the safety office for more than 20 years. Recently, he helped start the first mandatory driver improvement program for active duty military members under age 26.

"Right now not every state provides driver education as part of their curriculum in high school," Mr. McDermott said. "What this class does is provide some defensive driving techniques to people that may be driving automobiles for the first time in their lives."

He also led the creation of a motorcycle mentorship program, which began at Holloman but is now being offered as an alternative to motorcycle clubs at the Air Force level.

"We have mentors available to every squadron on the base and we have quarterly motorcycle councils," he said. "It provides an information exchange for motorcycle riders about changes in rules and conditions, and hopefully about safe riding strategies."

GEICO will send Mr. McDermott and his wife on an all-expense paid trip to Washington D.C. April 1, where they will tour the city. At an awards banquet at the National Archives April 4, the winners will be presented with a plaque.

"I told Colonel Hinman that taking the time to nominate me meant more than winning," Mr. McDermott said. "In my time at Holloman I have truly been blessed with great bosses and great teammates. Getting an award in our nation's capitol is overwhelming, and I am truly humbled."

Air Force Aid Society helps Airmen in need

by Ms. Laura Hunt Sunburst staff writer

Two Team Holloman families were in trouble. The Air Force Aid Society gave them hope.

The Air Force Aid Society, the official charity of the Air Force, gave Staff Sgt. Michael Bittenbender an interest-free loan when he found out in August that termites were spreading throughout his house. He didn't have the money to pay the exterminator.

He filled out an application for aid at the Family Support Center and they gave him the money the next day. Repayments for the loan are automatically taken out of his paycheck each month.

"The Air Force Aid Society helps individuals out in their time of need," Sergeant Bittenbender said. "I have the money to pay them back, but to have all the money at once was a little hard. If a rough situation comes up and you need the money, they're there to help."

Staff Sgt. Stacy and Airman 1st Class Michael Cousins watched as a fire destroyed their home in November. The AFAS gave them a \$500 grant to help them purchase new clothes or any other items they might need.

"We're just so grateful to everyone who's bending over backward for us," Sergeant Cousins said. "You just expect people to say 'glad it wasn't us,' but people have sympathized and helped us out."

AFAS gave Team Holloman a total of \$9,547 in grants and \$206,775 in interest-free loans in 2004. AFAS provides Airmen and their families worldwide emergency financial assistance, education assistance and an array of base-level community-enhancement programs.

AFAS also helps families who are having problems putting food on the table.

"Most AFAS interest-free loans and grants are for short term or one-time emergencies such as food, rent and utilities," said Ms. Sue Stringer, AFAS loan officer. "Each case, regardless of the request, is treated individually. The society will review all requests for assistance and try to help if the assistance falls within the general thrust of the AFAS charter."

Other benefits include help with medical care, basic living expenses, funeral expenses, essential vehicle repairs and emergency travel expenses.

"People who turn to Air Force Aid aren't always the victims of overwhelming tragedy," said Ms. Joan Orosco, Randolph AFAS personal financial program manager. "Many find themselves trapped by a series of small events that spiral out of control."

Last year, AFAS helped more than 30,000 Airmen with \$21.1 million in assistance. AFAS is one of four charities within the Air Force Assistance Fund, which runs its "Commitment to Caring" campaign Feb. 23 to April 5.

Commitment to Caring

People can contribute through cash, check, money order or payroll deduction to the following charities:

- The Air Force Aid Society. Information is available online at www.afas.org.
- The Air Force Enlisted Village Indigent Widow's Fund. The Air Force Enlisted Village, located in Fort Walton Beach, Fla. near Eglin Air Force Base, provides rent subsidy and other support to indigent widows and widowers of retired enlisted Airmen 55 and older. More information is available online at www.afenlis tedwidows.org.
- The Air Force Village Indigent Widow's Fund. Air Force Village is a life-care community in San Antonio for retired officers, spouses, widows or widowers and

family members. The Air Force Village Web site is www.airforcevillages.com.

• The General and Mrs. Curtis E. LeMay Foundation. The foundation provides rent and financial assistance to indigent widows and widowers of officers and enlisted Airmen in their own homes and communities.

The LeMay Foundation Web site is www.i nfo@lemayfoundation.org. Contributions to the AFAF are tax-deductible. For more information, visit afas sistancefund.org or the Air Force Personnel Center's Voting and Fundraising Web site at www.afpc.ran dolph.af.mil/votefund.

Buffalo Soldiers

African-American soldiers fought for control of New Mexico in the 19th century

by Master Sgt. Greg Henneman

49th Fighter Wing historian

Long before B-17 bomber crews trained at Alamogordo Army Air Field, long before Col. (Dr.) John Stapp rode the High Speed Test Track into history and long before stealthy fighters circled the skies over southern New Mexico, the U.S. Cavalry journeyed from Texas into the unsettled New Mexico territories.

Not yet a state, the area that now makes up New Mexico was primarily controlled by Native Americans and seen as dangerous by western settlers. In addition, white cattle thieves and illegal commerce were rampant in 19th Century New Mexico.

In order to settle these lands, and to allow for a much wanted westward expansion, the U.S. Army called upon a group of recently freed black men who made up the 9th and 10th Cavalries. These units were primarily composed of volunteer enlisted black men, many of whom joined for economic security, as few opportunities were available for African-Americans in the post-Civil War United States.

Clad in blue uniforms and riding on horseback, these units gained fame and respect as the Buffalo Soldiers. Legend states the black cavalrymen were dubbed "Buffalo Soldiers" by their Native American adversary because of their toughness, dark skin and hair texture.

Nearly 4,000 Buffalo Soldiers served at 11 posts in New Mexico, protecting travelers to California and valuable trade routes along

the Grande. Many of these soldiers were stationed in south-central New Mexico Fort Stanton near Capitan, Fort McRae near Elephant Butte Lake. and Fort Selden, just north of Las Cruces.



Courtesynhoto

Several key battles for control of New Mexico took place in the areas we live and work. One of the most significant occurred on April 8, 1880, when the 9th Cavalry engaged Apache Chief Victorio at a watering hole in Hembrillo Canyon—located on what today is the west side of White Sands Missile Range, near Victorio Peak.

Numerous other skirmishes took place in Alamo Canyon (near today's Alamogordo) and the Sacramento Mountains. Campaigns in the mountains proved difficult for the Buffalo Soldiers. One venture into Dog Canyon demonstrated the danger faced by the Cavalry as the Army was greeted by Apaches firing on them and dropping large rocks from 800 feet above. In the searing summer heat, the Buffalo Soldiers scaled the steep canyon walls, with several men suffering heatstroke. Reaching the ledge at nightfall, the soldiers discovered the Apaches were long gone.

In addition to fighting in difficult conditions, Buffalo Soldiers, like their white Army counterparts in the west, worked without proper clothing for the harsh summers and cold winters. Malnutrition and disease were rampant. Col. Edward Hatch described the conditions: "...the work performed by these troops is most arduous, horses worn to mere shadows, men nearly without boots, shoes and clothing. That the loss in horses may be understood when following the Indians in the Black Range the horses were without anything to eat [for] five days except what they nibbled from piñon pines...."

Serving for over five decades in New Mexico, black soldiers not only endured difficult battles and physical hardships, but also racism and discrimination. Nonetheless, the Buffalo Soldiers overcame these adversities and played a key role in settling New Mexico. Numerous accounts from superior officers praised the brave fighting capabilities of the black soldiers, many of whom had recently been held by the bonds of slavery. The Buffalo soldiers directly contributed to the political, economic, and social settlement of the lands which, in 1912, became the state of New Mexico.

NEWS



The 49th Security Forces Squadron handled the following incidents from Feb. 7 to Monday.

Tickets

Security forces issued six tickets: four for speeding one to 10 mph over the speed limit and two for no insurance.

Property loss, damage or theft

- Feb. 9: A civilian reported two broken windows on a garage door on Patrick Avenue.
- Feb. 10: There was a major accident between a privately owned and a government owned vehicle on highway 70. The GOV failed to yield the right of way to the POV while turning.
- Feb. 10: An NCO reported his bicycle was stolen from the bike rack in front of the Youth and Teen Center.
- Feb. 11: An NCO reported a window was damaged in dorm 517.
- Feb. 11: An NCO reported a solar yard-light was damaged on Sage Court.

Patrol response

- Feb. 9: A civilian reported an assault. The civilian reported being bitten on the left buttock by another civilian.
- Feb. 11: An officer was arrested for driving under the influence.
- Feb. 13: A family member reported a verbal alter-

cation on Los Alamos Place.

Reminder

The Veterans Administration and numerous other military affiliated groups have always encouraged separating and retiring personnel to file their DD 214s with their county courthouse so that they would always have access to a legitimate copy in case their original was ever lost. However, by filing a DD 214 with a county courthouse it becomes accessible as a public record. This creates an extreme vulnerability to identity theft as a DD 214 contains personal information such as name, birth date, social security number and current address.

The best solution to this problem is to make working copies of the DD 214 and to keep the original in a secure location such as a safe deposit box at a local bank.

ID cards

If personnel have a military issued identification card stolen or lost, or a DD Form 2220 stolen from a vehicle or missing from the squadron's inventory, report it to security forces at 572-7171 immediately.

If you have any information concerning any of these incidents, contact security forces at 572-7171 or your first sergeant. For the Crime Stop Help Line, please contact security forces at 572-1100 or dial 911.

New baby in the house? Don't forget to enroll in TRICARE

Life can get hectic when there's a new addition to the family, but don't let time slip away before enrolling the new loved one in TRICARE's Prime health care plan.

Under TRICARE's new policy, parents now have 60 days from the birth or adoption of TRICARE eligible children to enroll them in TRICARE Prime to help avoid delays or gaps in processing health care claims.

Children must be registered in the Defense Enroll-

ment Eligibility Reporting System database within the first 60 days of their life or adoption or they will not show as being eligible for TRICARE Prime benefits.

To register, obtain a copy of the child's birth certificate, certificate of live birth, or adoption papers and file it with the base personnel office. If the sponsor is deployed or on TDY, the other parent or a guardian should be prepared to show power of attorney to register.

With unique issues brought about by deployments, the enrollment time may be extended in certain cases.

For questions about TRICARE coverage, visit www.triwest.com, call 1-888-TRIWEST (1-888-874-9378), or contact the DEERS support office at 1-800-538-9552 from 6 a.m. to 3:30 p.m., Pacific time, Monday through Friday

(Editor's note: This information is from TriWest Healthcare Alliance)

Access cards

Check your Common Access Card for the expiration date. If it is within one month of expiration stop by the Military Personnel Flight between 8:30 a.m. and 4:15 p.m., Monday to Friday or call and make an appointment.

For more information, call 572-7277.

Airman's Attic opens

Holloman Enlisted Spouses' Organization has a grand opening of the Airman's Attic at 10:30 a.m., Tuesday at 2290B Torrance Place. The attic will be closed until the move is complete. Wait to drop off donations at either location until that time.

Cookie dough kit sale

The Holloman Youth and

Teen Center Keystone and Torch Clubs are having a Little Ceasars and Cookie Dough Kit fundraiser. The deadline to place an order is Feb. 26 for delivery March 7 and can be placed through members of the Keystone and Torch Club or at the Youth and Teen Center.

For more information, call 572-3753.

Lifeguard training

The American Red Cross is offering lifeguard training. Call the Red Cross to get the information for date, time and place of instructions.

There is a Water Safety Instructor course beginning in March. Cost is \$65. Call the Red Cross to register at 437-4421.

SPORTS



Photo by Senior Airman Dee Ericksonmoen

Ambush!

Lt. Col. Eiland, 7th Combat Training Squadron commander, is sprayed with water by his sons after his final flight in the F-117A Nighthawk, Feb. 15. The 7th CTS change of command is today at the Dyncorp/T-38 hangar, building 578. Col. Eiland will relinquish command to Lt. Col. Christopher Knehans.

FPCONS

Force protection conditions as it relates to terrorist activity

Normal: General global threat ALPHA: Increased general threat/unpredictable.

BRAVO: More predictable threat. CHARLIE: Targeting against personnel or facilities likely. DELTA: Specific targeting of personnel & facility. Attack occurred or is imminent.

Awareness self test

1. Who are your unit's following
reps:
a) FSTR
PrimaryAlt
b) AT
PrimaryAlt
c) Readiness
PrimaryAlt
d) Bldg Mgr
PrimaryAlt
2. What is the current FPCON?

- 3. Why are we in the current FPCON?
- 4. Has your unit completed and reported all Quick Reaction Checklists?
- 5. Where does your unit keep FSTR / FPCON QRCs?
- 6. Do you have a current recall roster and do you know precisely how to use it?
- 7. What are the current duress words?
- 8. Have you completed AT Level 1
- 9. What is the Eagle Eyes program?
- 10. Do you have an Airman's Manual?

Kally Points
Primary:
Alternate:
Important numbers
Command Post572-7575
SFS and Eagle Eyes572-7171

Fire Dept......572-1117

Ambulance Response......572-3260

President's Day

ACROSS

- 1. Sprint competitor
- 4. 2nd President
- 9. Bar bill
- 12. Color
- 13. 5th President
- 15. Unfortunately
- 17. Swiss mount
- 18. Copyright
- 19. Mona _
- 20. Equal
- 22. 30th President Coolidge
- 24. Pact
- 27. Eye shadow
- 29. Terminate
- 30. Formerly known
- 31. Gamble
- 32. 40th President
- 35. Italian money, once
- 36. Something to write on
- 39. Fashion magazine
- 40. Opposite of 58 DOWN
- 41. Wise
- 42. California time, in short
- 43. Sgts.
- 45. 28th President
- 47. Mistake
- 48. Opposite of 45 DOWN
- 49. Former USSR spy org.
- 52. Beatty and others

- 53. Draw
- 57. Spoke
- 59. Stick
- 60. ____ *Bridges*
- 61. Cell occupant
- 67. Actor Stephen
- 68. Against
- 69. 33rd President
- 70. Damage
- 71. X
- 72. Jellies
- 73. Doctors' workplaces, in short

DOWN

- 1. Conform
- 2. 10th President
- 3. Plains Indian house
- 4. Guitar need
- 5. Morgue status, in brief
- 6. Picnic pest
- 7. Mil. meal
- 8. Offspring
- 9. Lanky
- 10. Animate
- 11. Chasm
- 14. Glass cutter
- 16. Grind down 21. Barbecue pit
- 23. ____ Vista

- 25.Summer drink
- 26. Desire
- 28. Newspaper
- part
- 32. Dem. oppo-
- 34. Model Carol
- 35. ___ Vegas
- 37. Earlier
- 38. Lair
- 40. 38th Presi-
- dent
- 41. Rest
- 43. Hawaiian
- 44. Card type
- 45. Existed
- 46. Bother
- 49. Hawaiian
- dent

- 56. Listens

20

17

39

57

60

68

50

- nent
- 33. Golfer Ernie
- 36. La ___, Bo-
- livia

- bird

- town 50. 18th Presi-
- 51. Moisten; in cooking
- 54. Singer Mel
- 55. AFS in Alaska

- 58. Lean
- 62. Gun lobby
- 63. Cup

58

64. Dr.'s org.

65. Road material

55

70

73

66. USN rank

45

48

53

65

Answers on page 16

It's never been easier to help yourself at

by 2nd Lt. Melissa J. Stevens

49th Fighter Wing Public Affairs

With a budget that's through the roof, 49th Civil Engineer Squadron Self Help makes it easy to improve any work center. Well, it's easy to get the materials, anyway.

"We have received our annual budget and have a limited time period in which to spend it," said Master Sgt. Kevin Spencer, 49th CES Self Help manager.

Self Help has until March 20 to spend nearly \$500,000 and is used to maintain and improve government work areas only, not

to include family housing which has its own self help store, he said.

Sergeant Spencer said people can remodel break rooms, conference rooms and office areas with drop ceilings, flooring, cabinetry work and painting or landscape with rocks, timber and native plants.

However he said people interested in fixing up their work centers cannot buy furniture, carpet or anything else that is not permanently affixed to the walls, floors or ceilings with the Self Help money.

"The store has numerous materials available for building repair. They do not need tools because we have sufficient tools to loan out to do anything," he said. "The facility manager can stop by and get these materials."

He said a facility manager must first fill out an Air Force Form 332 and have their commander approve the repairs. Then the form goes to wing safety and the fire department for coordination. After that, turn the form into the Self Help center for processing.

"This can take as long as six weeks," Sergeant Spencer said. "However, I need the 332's to be turned in as quickly as possible so we can expedite the processing and ordering of materials. The project itself needs to be completed as soon as possible, but due to personnel on leave, deployments and in training, we're flexible."

He only asks that people be patient.

"Do not start your project without receiving written approval from Self Help," he said.

Self Help workers are not permitted to do electrical, plumbing or AC work; this must be done by CE craftsmen. Therefore, if there is not a qualified person assisting, people should not consider doing the work.

"We do not provide formal training," said Staff Sgt. Brandon Gaskill, 49th CES Self Help assistant manager. "However, we can provide guidance on electrical needs and carpentry."

"We try to make people understand how things are supposed to be laid out and try to make sure the people who are doing the work have some experience or someone who is experienced is there to assist," he said.

Sergeant Gaskill said his shop quality checks the jobs while they are in progress and makes sure things are being done safely and correctly.

Sergeant Spencer said Self Help has both a quarterly and an annual awards program for those offices that use Self Help.

"We are here for the customer and look forward to helping the base look better," he said.



Courtesy photo

The 49th Materiel Maintenance Group break room before Self Help.



Courtesy photo

The 49th Materiel Maintenance Group break room after Self Help.

Photo NuMe Laura thom

Photo by Ms. Laura Hunt

Senior Airman Chadwick Smith, 49th Maintenance Squadron, uses a saw to fit a door frame. The 49th MXS weapons standardization section is using equipment and supplies from Self Help to remodel a room, which will be their new Weapons Load Training facility.



llaman Staff Sgt. Sonya Brooks Det. 1, 53rd Test and Evaluation Grou

Duty title: Life Support NCO in charge Time in service: Five years, two months Time at Holloman: One year, nine months Hometown: Dry Fork, Va.

Personal and Career goals: My goal is to complete my degree in business administration and one day own my own business. What is the highlight of your Holloman tour?

During the past year our unit has had the privilege of hosting numerous distinguished visitors. The most impressive visitor of the group was Maj. General Stephen Wood, Commander of the Air Warfare Center. My most memorable moment shared with the general was when he gave me one of his personal "general" coins. My selection to staff sergeant is also a highlight of my Holloman tour.

Why is serving in the Air Force important to you?

Serving in the Air Force is important to me because of my job. I'm a life support technician and very proud of what I do. My job is very important to pilots. Their life is in my hands and for any circumstances that they will have to use it to save their life they will have no doubt in their mind that the gear they use is good to go. Core value portrayed:

"Sergeant Brooks has total integrity, excels in all she does, and truly exemplifies service before self and teamwork. Sergeant Brooks is a 53rd TEG superstar, and we are proud to have her on the Dragon

> - Lt. Col. Kevin Sullivan Det. 1, 53rd TEG commander

The Holloman Hero submission form is available online. It can be downloaded at: https:// wwwmil.holloman.af.mil/wing/49FW_PA/internal.html

Test Team!"

Briefs

Correction

The phone number for the tax office was incorrect in the Feb. 11 article "Making the most of refunds." The correct number is 572-7846.

SpouseTAC

The 49th Services Squadron offers SpouseTAC, which takes spouses on tours of facilities like the bowling center, golf course, youth and teen center and the enlisted and officers' clubs. Free childcare is available through the child development center during the tour.

For information and available tour dates, call the CDC at 572-7505.

Chapel

Lenten and Easter schedule: Catholic

- Stations of the Cross: 6 p.m., today, Feb. 18 and 25, March 4, 11 and 18
- Lenten Penance Service: 7 p.m., March 16

- Palm Sunday: Walk with Jesus, 2 p.m., 20 March (Protestants Catholics)
 - Mass: 11:30 a.m., March 23
- 11:30 a.m. Mass canceled, March 24 (Holy Thursday)
- Mass of the Lord's Supper: 7 p.m. March 24 (Holy Thursday)
- 11:30 a.m. Mass canceled, March 25 (Good Friday)
- Celebration of Lord's Passion: 3 p.m., March 25 (Good Friday) • Easter Vigil Mass: 8 p.m., March 26
- (Holy Saturday) • Mass: 9 a.m., March 27 (Easter
- Sunday) • CCD and 5 p.m. Mass canceled, March 27

Protestant

- Mobile Ash Blessings on Flightline: Feb. 9 (Ash Wednesday)
- Lenten reflections: 11:30 a.m., Thursday, Feb. 24, March 3, 10 and 17.
- Palm Sunday: Walk with Jesus, 2 p.m., 20 (Protestants March Catholics)
 - · Good Friday Service: 7 p.m.,

- Easter Sunrise Service: 6 a.m., March 27 at White Sands Area 6 (Easter Sunday)
- Easter Sunday Service: 11 a.m., March 27 (Easter Sunday)

School fundraiser

Holloman Primary School will have a year-long fundraiser to raise money for books for the library. They are collecting Box Tops for Education, Price's Milk Caps, Campbell Soup Labels for Education and Tyson's Project A+ end flaps. Drop items off at the Holloman Primary School library by March 15.

CAC

The commander's access channel. cable channel 3, offers up-to-date information about current security conditions, closures on base, hours of various programs on base and community information about what programs and events are available at Holloman and in the local area. The CAC also features the following videos today to Thursday:

• Over 30 Championship Game, 49

MDG vs. FW/MSS (Feb. 4): 9 a.m., 12 p.m., 3 p.m., 7 p.m.

- SECAF & CSAF Vision 2005: 7 a.m., 10 a.m., 1 p.m., 4 p.m.
- OSI Recruiting Video: 8 a.m., 11 a.m., 2 p.m., 5 p.m., 8 p.m.

Free tax filing

Get your taxes prepared by IRS trained volunteers. Unit tax advisors will be processing returns at the squadrons. A list of UTAs can be found on the legal assistance Web page: https://www.mil.holloman. af.mil/wing/legal/index.html.

Luncheon

The African-American History Month Luncheon is 11 a.m. to 12:30 p.m., Feb. 25 at the Oasis Enlisted Club. Menu will be sandwich wraps (club or vegetarian), served with potato salad, pickle, iced tea or water. Member Price is \$6.14 and nonmember is \$8.14. For tickets see your group point of contact.

For more information, e-mail Master Sgt. Gerald Schenck at gerald.schenck @holloman.af.mil.

BRIEFS

HOSC Thrift Shop

Normal operating hours for the Holloman Officers' Spouses Club Thrift Shop are 10 a.m. to 2 p.m., Tuesdays and Thursdays. Donation bins are in the back of the shop and consignments are accepted from 10 a.m. to noon, Tuesdays and Thursdays. The shop will be open 10 a.m. to 1 p.m., Saturday. There will be an End of Month Sale on Tuesday and Thursday.

Women of Merit

In celebration of National Women's History Month (March), the *Sunburst* is accepting nominations for the 2005 Holloman Women of Merit. In 500 words or less, explain why your submission



Racing Stripes (PG)

6 p.m., today

Elektra (PG)

6 and 9 p.m., Saturday and 6 p.m., Sunday

Tickets are 99 cents.

should be highlighted as one of Holloman's Women of Merit. Include greatest accomplishments, community involvement and personal sacrifices. Nominations are open to active duty, civilians and dependents. All nominations will be considered, but only four women will be highlighted in the Sunburst. Deadline for nominations is Monday.

E-mail nominations to Ms. Elisa Sanchez at *elisa.sanchez@holloman. af.mil* or drop them off at the manpower office, building 29, suite 2610. For more information, call Ms. Sanchez at 572-5507.

Munitions closure

The Munitions Storage Area will be closed March 7 to 11 for a 100-percent inventory. Review all munitions requirements for this period and submit issue requests before noon, Feb. 14 for pick-up by Feb. 28. Only bona fide emergency requests, approved by the maintenance group commander will be honored.

For more information, call 572-1612 or 572-1613.

HOSC Scholarship

The Holloman Officers' Spouses Club will award \$10,000 in scholar-

Trampoline recall

Jumpking, Inc. is recalling one million trampolines and about 296,000 "FunRing" enclosures. Welds on the frame of these trampolines can break during use, resulting in falls and possible injuries.

The recall includes 14-foot and 15-foot Jumpking trampolines sold separately and with FunRing enclosures. The brand name "Jumpking, Inc." is written on a warning label wrapped around a leg of the trampoline. The eight legs of these trampolines fit into perpendicular sockets welded to the top rails. Trampolines with weldless sockets that fit over the connecting top rail pieces are not included in this recall.

The FunRing enclosures have an arched design where the vertical poles are connected by arches at the top. Some enclosures were sold separately from the trampolines. Later units, that

include the rubber sleeves that fit around the mounting brackets, are not included in the recall.

The trampolines with enclosures were sold at discount, department and toy stores nationwide and in Canada from July 1999 through December 2003 for between \$350 and \$450. Trampolines without FunRing enclosures were sold from July 1999 through February 2004 for between \$180 and \$220. FunRing enclosures were sold separately for between \$150 and \$250.

Consumers should stop using the trampolines and/or the enclosures, and contact Jumpking to receive free repair kits.

To order the repair kits or for more information, contact Jumpking Inc. toll-free at (866) 302-8669 between 9 a.m. and 6 p.m. ET Monday through Friday, or go to the company's Web site at http://www.jumpking.com/recall

ships to local students planning to attend an accredited school during the 2005-2006 academic year.

Applications are available at the Family Support Center, education office, and library on base or at Alamogordo High School, Cloudcroft

High School and Tularosa High School in the guidance office. The application is also available for download at www.hollomanosc. com.

For more information, call 443-0141 or 479-1019. Applications are due by March 15.

BRIEFS

Basin Briefs

Shooting matches

The Otero Practical Shooting Association has an Action Shooting Match at 9 a.m., Saturday and a Practical Shooting Match 9 a.m., Feb. 27 at the Sidney Paul Gordon Shooting Range, 19 Rock Cliff Road, northeast of La Luz. Sign up is at 8:30 a.m. The match is open to the public. For more match information, call Mr. Butch Rials at 437-3663. For information regarding the Shooting Range, contact Range Master Jay Frost at 443-9006.

Sertoma Banquet

The 45th Annual Sertoma Freedom Banquet is 6:15 p.m., Saturday in the Alamogordo High School cafeteria. Tickets are still available and are \$20 each, or \$17.50 each for two or more tickets. The theme for this year's banquet is "Voices of Freedom." The "Voices of Freedom" include words and music celebrating freedom from different eras of American History.

Tickets are available at Alamogordo Federal Savings and Loan, First National Bank, Western Insurance, Whorton Law Office, the Alamogordo Daily News and from all Sertoma Club members.

"Beavers"

"Beavers" is playing at the Tombaugh IMAX Dome Theater in Alamogordo. For information and show times, call 437-2840 or (877) 333-6589. Visit the Web site www.spacefame.org.

Trinity site

A motorcoach is available to take passengers to the Trinity Site at 6 a.m., April 2. Lineup for vehicles starts at 7:15 a.m. and passengers must be on the bus by 7:30 a.m. The tour departs at 8 a.m., with the motorcoach as lead vehicle. The caravan leaves the Trinity Site at 12:30 p.m. and gets back to Alamogordo at 2 p.m.

Fifty seats are available on a first-come, first-served basis for the April 2 tour. The cost is \$25

per person.

For more information, or to reserve space for the motorcoach, call the Alamogordo chamber at 437-6120 or stop by 1301 N. White Sands Blvd. between 8 a.m. and 5 p.m. weekdays.

Scholarships

The Rotary Club of Alamogordo has announced the availability of two \$500 scholarships for the 2005 academic year. Residents of Otero County who are students of NMSU-A or NMSU main campus are invited to apply for "The Billie Holder Memorial Rotary Scholarship," which has been in existence for a number of years.

In addition, students who are pursuing a degree or certificate in the medical career field may apply for a newly created scholarship, "The Rotary Club of Alamogordo Medical Careers Scholarship."

Applications, with the criteria for award, may be obtained at the NMSU-A Student Services Building. Applications are due April 3. Information regarding both scholarships can be found at the Web site http://alamo.nmsu.edu/financialaid/scholar.html

Memorial march

The 16th Annual Bataan Memorial Death March is March 20 at White Sands Missile Range. Bataan Memorial Death March information and registration is available at www.bataanmarch. com There is a limit of 4,000 marchers. Mailed registration forms must be postmarked no later than Feb. 19; online registrations will be accepted until March 10.

For information, call the White Sands Missile Range Community Recreation Division at (505) 678-1256 or the WSMR Public Affairs Office at (505) 678-1134.

Questions and comments may be e-mailed to bataan@ wsmr. army.mil.

Job fair

Local residents interested in finding out about employment

opportunities are welcome to attend a job fair from noon to 7 p.m., March 4 at the Tays Special Events Center on North Scenic Drive.

The job fair, sponsored by the Alamogordo Chamber of Commerce Business Support Committee, in conjunction with the Small Business Development Center, will feature major employers from the local area.

For more information about the job fair, please call the chamber at 437-6120.

R/C car races

There will be off-road R/C car races at 11 a.m., Saturday behind the White Sands Mall. Take Mesa Verde Ranch Road one mile.

For more information, call Mr. Tony Thompson at 434-9118 or Mr. Clarence Court at 442-2624.

Stamp show

There is a stamp show from 10 a.m. to 6 p.m., March 19 and 10 a.m. to 5 p.m., March 20 at the Belton Bridge Center, 1215 East Madrid Ave., Las Cruces. This event is free.

Flickinger events

The White Sands Film Festival is today, Saturday and Sunday. Price is \$30 for a pass to all regular events. The festival will feature family-friendly films and special guest stars.

For more information, call the Flickinger Center at 437-2202.

Turkey Federation

The Noel Southard Chapter of the National Wild Turkey Federation will hold their annual banquet Saturday at the Otero County Fairgrounds building. Activities will start at 6 p.m. with dinner at 7 p.m. There will be raffles, a silent auction, live auction and food.

There will also be a Turkey Calling Contest starting at 2 p.m. There will be a youth division and an adult division with 1st, 2nd and 3rd prizes in each division.

For more information, call 437-2542, 434-8356, or 434-1467.

Zero Overpricing

Get paid for paying too much

by Senior Airman Vanessa LaBoy 49th Fighter Wing Public Affairs

Think your organization is paying too much for an item?

The Air Force uses the Zero Overpricing Program to reduce overpricing in Air Force acquisitions while giving an avenue for its members to become involved in the efficient use of tax dollars.

"The 49th Logistics Readiness Squadron strives to maximize the use of its resources," said Nancy Jarka, 49th LRS Chief Equipment Liaison Office. "With the ZOP, members can challenge the price of an item bought by their organization."

ZOP provides the ability to reduce overpricing in the Air Force and other Department of Defense acquisitions.

"This program saves tax dollars and Air Force members have firsthand knowledge of what items are worth. They can compare prices to determine if the Air Force and DoD are paying too much for an item."

An Air Force form 1046 can be submitted to the 49th LRS customer

service unit to challenge suspected over-priced items.

The unit will research the challenge, and then submit it to the supply source.

"If the price challenge is deemed overpriced, the customer may earn a monetary award, or recognition for their efforts in promoting efficient use of funds," she said.

When a ZOP is accepted, the government will begin buying items at the challenged price, "This saves tax dollars."

"This is a great program for Air Force members." Mrs. Jarka said. "Air Force members have a chance to get more involved and receive monetary awards. At the same time they are doing a great justice for us all by saving tax dollars. I encourage everyone to get involved and make a difference."

For more information regarding the Zero Overpricing Program, call Nancy Jarka at 572-3940



Courteev photo

Holloman's first

General Lloyd Newton served as the first African-American commander of the 49th Fighter Wing from November 1991 to July 1993. Prior to his service at Holloman AFB, General Newton flew 269 combat missions in Vietnam and became the first black pilot to serve with the Thunderbirds. He finished his career as Commander, Air Education and Training Command, Randolph Air Force Base, Texas.

49 SVS knocks out 49 CES, 68-53

SVS moves on to the base championship

by Airman 1st Class Stephen Collier 49th Fighter Wing Public Affairs

The 49th Services team stood their ground Monday night with a 68-53 win over the 49th Civil Engineer Squadron in the semifinal round of the 2005 intramural basketball playoffs.

After two turnovers in the beginning of the game, CES scored first for an early lead.

Services forward Oliver Martin answered with a three-pointer, followed by layups supplied by teammate Derrick Walker. Martin shot another three to give SVS the lead 17-7.

Down by 10, CES's John Sellers sank a three pointer followed up by guard John Patterson with a layup for a five-point run.

SVS called timeout to regain their momentum and fired back with another three-pointer by Martin. Forward Lewis Christopher put away two shots for a 16-point run. SVS moved into the half up 37-21.

Tensions ran high as a deter-

mined CES team was ready to move into the championship bracket. They continued to fend off SVS.

SVS's Martin and forward Antuione Clowers opened up a three-pointer shooter's club with back-to-back-to-back long shots to push SVS ahead 58-31.

Even with the cards stacked against them, CES continued to fight back with a late rally at the end by Patterson with dual layups and a forced foul shot. But the late rally wasn't enough to get this ball club closer to the championship.

SVS signed,

sealed and delivered the semifinal contest 68-53.

SVS's Oliver Martin had 19 points for the evening to be the game's high scorer.



CES's John Patterson braces as SVS Forward Oliver Martin shoots a three pointer Monday night. SVS moved on to the base championship after defeating CES 68-53.



Photo by Airman 1st Class Stephen Collier

SVS forward Oliver Martin presses for a layup against CES's John Patterson monday night.

SPORTS

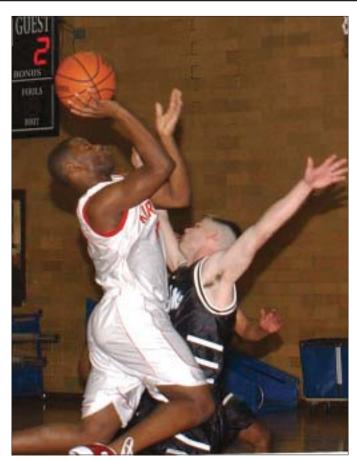


Photo by Keith Pedersen

Charge

Flyer forward Donald Pritchett goes for the layup over Nighthawk guard Jack Ash Saturday at Kirtland Air Force Base, N.M. Kirtland beat out Holloman in back-to-back games with a score of 100-75 in game one and 95-56 in game two. The Nighthawks are scheduled to travel to Ft. Sam Houston in San Antonio, Texas, in early March.



The fitness

corner

Class: Yoga

Instructor: Silvia Papp

Description: My yoga classes are based on the principles of Hatha Yoga. Hatha Yoga seeks to promote health and well-being through physical exercise and breathing. I start my classes with body awareness exercises to calm the mind and help with focus and concentration. We then prepare and stretch the body for the yoga, which helps with flexibility and body toning. I then move to standing asanas to help with balance,

centering and stamina. We finish the class with relaxation, breathing and a guided meditation session to help the body realign, releasing tension.

Benefits: Yoga can be an essential tool to help increase your fitness level. It promotes endurance, flexibility and stamina and teaches you how to use your breath while you are practicing sports, work out or simply try to rest or recharge your energy. Yoga



will also help increase your body awareness, which can help you learn which exercises work for you and which don't and how you can modify your workout routine so it suits you and your life style.

Fitness tip: Learn more about adapting new and challenging routines into your workout. Ask questions, challenge your instructors, learn!

Try it at home

1. Seated Forward Bend: Sit on the floor with legs extended in front of you. Activate your legs by pressing your thighs into the floor. While you inhale, keep the torso long, exhale, and hinge forward from the hip joints (not the waist). Reach for the feet and ankles. On the next inhalation try to extend the spine, dropping the pelvis forward, melting into the legs. Each



exhalation, try to extend a bit more. This stretches the lower back, hamstrings and hip area. *Warning:* Do not round the back or try to bring the head to the knees. Melt your chest into the legs first.

2. Lunging: Stand tall. As you inhale, take a big step back with your right foot extending the leg outward and tucking the toes under. Bend the left knee so it is directly over the left ankle with your left shin perpendicular to the floor. Inhale and extend the spine, keeping the head in line with your back. Stay on this asana for six breaths then repeat it with the other leg. This stretches the hamstrings, calves and strengthens the knees, hip joints and ankles. Warning: Try to keep the back straight, keep the pelvic area tilted and be careful not to shorten the back of the waist and hip area.



Photos by Ms. Laura Hunt

3. Twisted Sage: Sit with both legs extended in front of you. Cross the left leg over the right with a bent knee, placing the left foot flat on the floor close to the right knee. Wrap the right hand around the left knee and pull the knee in towards your chest. Lengthen the spine. As you inhale, place the left hand close to the hip on the floor, exhale and deepen your twist, relaxing the shoulders down and opening the chest. Keep the ears away from the shoulders and don't lean back. Take three breaths and repeat on the other side. The twist opens, lengthens, nourishes and realigns the spine. This asana stimulates the nervous and digestive systems. Warning: Do not try this if you have chronic knee, hip, back or shoulder inflammation.